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LADIES LOVE A PALME D'OR WINNER

About a week after the legalization of gay marriage came into effect in France, director Abdellatif Kechiche and actors Lea Seydoux, left, and Adele Exarchopoulos pose with the Palme d'Or award, won for the lesbian romance Blue is the Warmest Colour, in Cannes, Sunday. It's the first film about a gay relationship to win the coveted prize. Palme jury president Steven Spielberg defended the sexually explicit movie as "a great love story." For more, download the Metro news app. LIONEL CIRONNEAU/THE ASSOCIATED PRESS

NEWS WORTH SHARING.

IT'S A DEMI-CHARMED KIND OF LIFE

DEMI LOVATO SPEAKS FRANKLY ABOUT THE BUSINESS OF CRAFTING RADIO-FRIENDLY POP BALLADS PAGE 11

Time is on Mick's side...

But as we get older, we see it's not on ours. A new Canadian study explores 'previously unimagined' research on aging PAGE 4

Better transit would cost $477 a year

Tax hikes, parking levy. That's the per-household prediction in Metrolinx's plan, unveiling today

It will cost the average Toronto region household an additional $477 a year in taxes to overcome a generation of public transit neglect and crippling road congestion under a transit investment strategy being unveiled by Metrolinx on Monday.

Torstar News Service has learned that the provincial transportation agency is recommending a one per cent sales tax, five-cent-per-litre gas tax, a 25-cent-per-day non-residential parking levy and a 15 per cent hike in development charges to raise just over $2 billion annually.

That's the cost of building the Metrolinx 25-year, $50-billion Big Move transportation plan. It calls for more than triple the region's 500 kilometres of rapid transit to about 1,700 kilometres, and would put a transit stop within two kilometres of 75 per cent of residents.

The impact on taxpayers is far less than the $1,600 a year Metrolinx estimates congestion costs the average regional household. It is also less than half the $1,000 floated recently by some local politicians.

Five years in the making, the funding plan represents "a watershed moment" for the region, said Metrolinx CEO Bruce McCuaig in an interview last week.

He said his agency has done its best to come up with a strategy that reflects residents' hunger for accountability and fairness in the way the money is collected and distributed. Now it's up to the province to consider implementing the plan.

"These are difficult choices but they're important choices," said McCuaig, adding that he's confident Premier Kathleen Wynne understands the urgency of the region's mounting $6-billion-a-year congestion crisis for business and quality of life. **TORSTAR NEWS SERVICE**

Dedicated fund

To ensure the taxes are used exclusively for transit, Metrolinx recommends a transportation trust fund.

- Metrolinx CEO Bruce McCuaig said this plan "avoids year-to-year pressures of government budget-making."

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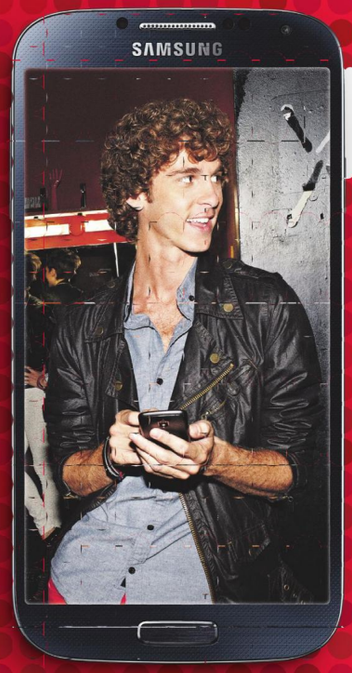

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Defence Department

Time isn't right for elephant move

Bob Barker meets Lucy the elephant in 2009.
THE CANADIAN PRESS

The Department of National Defence says it's still in talks to help move the Toronto Zoo's three resident elephants to California, but says the animals will have to stay put until the fall.

Animal-welfare activists had previously said the zoo was in talks to borrow a Canadian Forces plane to transport the pachyderms to an elephant sanctuary.

DND said Friday no arrangements could be made on time to move the elephants before warm weather sets in.

Former The Price is Right host Bob Barker has vowed to pick up the tab for the relocation.

THE CANADIAN PRESS

Ontario Superior Court

Homeless Charter challenge at stake

Federal and provincial lawyers are in court Monday to stop a landmark 2010 Charter challenge that alleges Ottawa and Queen's Park are violating the rights of homeless and inadequately housed people.

Government lawyers say the Charter does not include a general right to housing, or oblige governments to provide social assistance and housing support. TORSTAR NEWS SERVICE

Fords hit back at 'nasty son-of-a-guns' in media

They're not cracking.
Still under pressure, mayor denies existence of cocaine video on radio show, while his brother hurls drug accusations of his own at reporters

Quoted

"No matter what you say, I found out, to the media, you're never going to make them happy. You can give them 10 bars of gold and they're going to want — why don't I give 15 bars of gold? Well, you know what, folks, that's the media that we have, unfortunately."
Mayor Rob Ford

Mayor Rob Ford unequivocally says there is no video that shows him using crack cocaine.

Asked by a caller to his Sunday radio show whether it is indeed him in the video described by Torstar News Service and the U.S. website Gawker, Mayor Rob Ford laughed and responded, "Number 1, there's no video, so that's all I can say. You can't comment on something that doesn't exist."

Ford called the reports "false," a word that did not appear in his Friday speech at city hall. In that speech, he said, "I do not use crack cocaine, nor am I an addict of crack cocaine. As for a video, I cannot comment on a video that I have never seen or does not exist."

Many city councillors and political pundits were unsatisfied with the speech, urging Ford to address the reports more thoroughly. Ford suggested Sunday that he believes he has said enough.

"No matter what you say, I found out, to the media, you're never going to make them happy. You can give them 10 bars of gold and they're going to want — why don't I give 15 bars of gold? Well, you know what, folks, that's the media that we have, unfortunately," he said.

Coun. Doug Ford, the mayor's brother and co-host, said 80 per cent of journalists are "nasty son-of-a-guns." Rob Ford interjected: "Bunch of maggots." After a brief pause, he added, "Sorry, maybe I shouldn't have said that."

Doug Ford later asked listeners to contact him with any personal information about members of the media. He accused unnamed reporters of using cocaine themselves.

"I've been getting numerous calls about the media ... that the people that were chasing Rob have done cocaine. Not just experiment, but have indulged in cocaine," Doug Ford said.

TORSTAR NEWS SERVICE

Hoops of fun to be had on Pedestrian Sunday

Sunni Rainbow Justice performs with her hula hoop Sunday during Pedestrian Sunday in Toronto's Kensington Market. This is the 10th year where the market is closing the street to pedestrian-only traffic from 12 to 7 p.m. on the last Sunday of each month, May through October.

TARA WALTON/TORSTAR NEWS SERVICE

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Move like Jagger in our old age?

Time is on our side. Study looking into how we age hopes to find a way to slow down disease onset and increase lifespan

JESSICA SMITH
jessica.smith@metronews.ca

For almost two-and-a-half hours at the ACC on Saturday night, Mick Jagger did what he does best — bounding all over the stage, getting the crowd riled like a hip-hop hype man, while belting out the Stones' hits or dancing frenetically with his microphone shoved in the front of his pants.

For those of us in the audience, it was hard to not wonder, where does he get the energy? How can a man, at 69, with a face that shows each and every one of those years, dance for hours?

"One thing is that he is physically active and trains for performances," says Dr. Parminder Raina, the lead principal investigator of the Canadian Longitudinal Study on Aging (CLSA).

The CLSA recently launched a study that will follow the health of about 50,000 Canadians between the ages of 45 and 85 over at least 20 years.

"In later years he's probably gone on to healthy diets and there's probably genetics in there as well," continued Raina. "Having a fair bit of money helps, too."

The CLSA will look at all of the genetic, environmental and social factors of aging.

So far, the researchers have recruited more than 20,000 volunteers and more are needed.

Of 50,000 total participants, 20,000 will answer health questions by phone, while the rest will undergo an elaborate series of tests on a regular basis.

The study's authors promise generations of researchers will use the data collected from volunteers to "explore previously unimagined areas of research on aging."

"There's already a fair bit of interest," said Raina.

For example, there is a lot of ongoing research connecting chronic inflammation to many symptoms of aging, said Raina.

"Underlying inflammation is one of the import factors in how aging happens," said Raina, adding that the data collected by the study will allow researchers to examine how inflammation affects the cardiovascular system and the brain.

Researchers will then be able to connect the results of those studies with a large databank that includes not only medical information, but also social information about life stress, wealth and other factors.

One recent study involving mice found the hypothalamus is an important regulator for aging and inflammation, impacting lifespan.

In the mice's case, researchers were able to increase lifespan by 20 per cent.

Dongsheng Cai, a professor of molecular pharmacology at New York's Albert Einstein College of Medicine of Yeshiva University, found that activating a signaling pathway called NF-κB in the hypothalamus of mouse brains accelerated aging, which was shown in physiological, cognitive and behavioural tests.

By blocking the NF-κB pathway in mice, researchers slowed aging.

"Everything here is based on mice," he said. "But we predict this can be translated to humans."

Hopefully, with more data, tests and hard work, the findings could be helpful in developing treatments for aging-related diseases, such as Alzheimer's, said Cai.

As for the fountain of youth, Cai doesn't think his research will lead to immortality, because cell deterioration would not be affected.

"Some fundamental principals of aging, at the cell level, seem like just nature's process," he said. "We can slow down aging, we can reduce the magnitude of age-related diseases, but I don't think aging can be stopped. It seems like it's not nature's design."

You can't always get what you want

"We can slow down aging, we can reduce the magnitude of age-related diseases, but I don't think aging can be stopped. It seems like it's not nature's design." Dongsheng Cai, professor of molecular pharmacology

The age-defying Mick Jagger, surprisingly fit for a 69-year-old, was at the ACC with the Rolling Stones Saturday. Researchers are suggesting the rest of us may age better and slower — if findings on mice work as well on humans.
TOM PANDI/FOR METRO

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The family law office of Kavita & Associates is seeking the public's assistance in locating Melissa Martin, who was last seen in Toronto, Ontario in April 2011. Melissa is described as a 33 year-old Black female. Members of the Martin family are concerned for Melissa's well-being, therefore anyone with information regarding her whereabouts are asked to contact Charles Mota of Kavita & Associates at telephone number (905)497-6806 or their local police service with reference to this advertisement.

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CSIS kept quiet on spy to save its own secrets

Jeffrey Delisle pleaded guilty and was sentenced to 20 years in prison in February. ANDREW VAUGHAN/THE CANADIAN PRESS FILE

Jeffrey Delisle. The FBI, not Canada's spy agency, had to bring RCMP up to speed on espionage

Canada's spy agency clandestinely watched a navy officer pass top secret information to Russia for months without briefing the RCMP — a previously unknown operation that raises questions about whether Jeffrey Delisle could have been arrested sooner.

The Canadian Press has learned that the FBI alerted the Canadian Security Intelligence Service (CSIS) to Delisle's illicit dealings with Moscow well before the Mounties took on the file in December 2011 and later brought him into custody.

CSIS ultimately decided not to transfer its thick Delisle dossier to the RCMP. The spy agency, acting on legal advice, opted to keep its investigation sealed for fear of exposing a trove of Canadian and U.S. secrets of the intelligence trade in open court proceedings.

In a bizarre twist, it fell to the FBI — not CSIS — to send a letter to the RCMP spelling out how a Canadian was pilfering extremely sensitive information, including highly classified U.S. material.

The RCMP had to start its own investigation of Delisle almost from scratch. The delay alarmed and frustrated Washington as the geyser of secrets continued to spew.

THE CANADIAN PRESS

Senate expense scandal

Ex-Mountie fears Tory control

A former RCMP superintendent says he's never seen the degree of political control over the Mounties that exists now, and says it "does not bode well" for a police investigation of the Senate expense scandal.

Garry Clement, a 30-year veteran of the force, told CTV on Sunday that he knows the investigating officer involved in the Senate case has the "utmost credibility."

However, he also called out Public Safety Minister Vic Toews, saying, "Let's be honest, the direction that Mr. Toews as a minister, everything's got to go through him, in my mind does not bode well for objectivity." THE CANADIAN PRESS

Halifax

Cat lady has 51 felines taken away

More than 50 cats living in a one-bedroom apartment in Halifax have been taken from their owner.

The Disaster Animal Response Team of Nova Scotia said it helped remove 51 cats after being contacted by the landlord on Friday.

Catherine Stevens, communication director for DARTNS, said a female senior co-operated as her animals were taken away.

"The cats were being fed and watered … there are no cats abused," she said.

"She thought she was doing a great job (by caring for them), as most hoarders do," Stevens added. "It's somebody trying to do a good thing, but it goes bad."

METRO IN HALIFAX

Resident evil

Man sleeping on bloody ground at old Magnotta flat

Tenants in a Montreal apartment block have made their home at the scene of one of Canada's most notorious slayings — the former abode of accused killer Luka Rocco Magnotta.

Superintendant Eric Schorer lost tenants from around 10 units shortly after the incident. Magnotta's former home remained vacant for over half a year.

He doesn't think the current tenant, whom he described as a foreigner, knows anything about its past.

"We don't advertise it, obviously," said Schorer.

THE CANADIAN PRESS

U.S. President Barack Obama is greeted as he tours a tornado-affected area Sunday in Moore, Okla. Obama is in the Oklahoma City area to survey damage from last week's tornado and to meet with victims and first responders.
MANDEL NGAN/GETTY IMAGES

Obama consoles tornado victims

Oklahoma. President offers federal support in rebuilding efforts

U.S. President Barack Obama flew to tornado-ravaged Oklahoma Sunday, offering moral and monetary support to people still reeling from lost lives and shattered neighbourhoods. He told survivors, "You've got folks behind you" across America.

Standing with Oklahoma Gov. Mary Fallin and other state and federal officials amid the devastation wrought by the monstrous tornado, Obama said, "A picture's worth a thousand words." He said the rebuilding job will be enormous and "we're going to be with you all the way."

"Our hearts go out to you," Obama said, noting the loss of life and some 1,200 homes. He urged the American people to pitch in and help, saying that in instances such as this, the president serves as a "messenger" for all citizens, bringing words of condolence, promises of government assistance and pleas for private contributions.

Twenty-four people, including 10 children, died when the tornado hit last Monday.

The extraordinarily powerful twister was known as an EF5 — the top of the scale used to measure tornado strength.

Obama rode past fields strewn with scattered debris. His first stop was the demolished site of the Plaza Towers Elementary School, where seven students were killed when the tornado turned the building into a heap of bricks, broken concrete and twisted metal. THE ASSOCIATED PRESS

Britain. Killing suspect arrested in 2010 in Kenya

A suspect in the savage killing of a British soldier on a London street was arrested in Kenya in 2010 near the East African country's border with Somalia, an anti-terrorism police official said Sunday.

Michael Adebolajo was believed to have been preparing to train and fight with the al-Qaida-linked Somali militant group al-Shabab in 2010 when he was arrested with five others, Kenya's anti-terrorism police unit head Boniface Mwaniki said.

Mwaniki said that the suspect was then deported. However, Kenya's government spokesman said he was arrested under a different name and handed to U.K. authorities.

"Kenya's government arrested Michael Olemendis Ndemolajo. We handed him to British security agents in Kenya and he seems to have found his way to London and mutated to Michael Adebolajo," spokesman Muthui Kariuki said. "The Kenyan government cannot be held responsible for what happened to him after we handed him to British authorities."

British soldier Lee Rigby, 25, was run over and stabbed in the Woolwich area in southeast London on Wednesday afternoon.

Adebolajo, 28, and Michael Adebowale, 22, are suspected in the killing and remained under armed guard in separate London hospitals after police shot them at the scene. THE ASSOCIATED PRESS

France

Cops hunt for man who stabbed soldier in throat

French anti-terrorism investigators were combing surveillance tapes Sunday as they continued their manhunt for a suspect who stabbed a soldier in the throat in the commercial district of La Defence outside Paris.

The 23-year-old soldier, Cedric Cordier, was patrolling the busy underground corridors beneath the famous Arch of La Defence.

Saturday's stabbing came days after a British soldier was hacked to death in an attack that raised fears of copycat strikes. However, there was no confirmation of any link between the two attacks. THE ASSOCIATED PRESS

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Myth of the maple moola: Dozens ask BoC if new bills have syrup scent

Scratch 'n' sniff secret?
Correspondence shows Canadians contacted central bank to inquire whether polymer notes have a whiff of érable

The penny may be history, but some Canadians suspect the Bank of Canada has been circulating a new scent along with its plastic bank notes.

Dozens of people who contacted the bank in the months after the polymer notes first appeared asked about a secret scratch-and-sniff patch that apparently smells like maple syrup.

"I would like to know ... once and for all if these bills are in fact scented, as I do detect a hint of maple when smelling the bill," says a typical email from a perplexed citizen.

Good enough to eat with pancakes? Finance Minister Jim Flaherty holds a new polymer $100 bill in this 2011 file photo. Rumours about maple-scented bills began soon after the $100 note, which was the first of the plastic banknotes to be introduced, began circulating in late 2011. Now, correspondence shows many Canadians have gone to the trouble of contacting the Bank of Canada to ask if the rumours are true. THE CANADIAN PRESS FILE

Said another: "They all have a scent which I'd say smells like maple? Please advise if this is normal?"

Under the Access to Information Act, The Canadian Press obtained a year's worth of correspondence to the Bank of Canada from ordinary Canadians about the new currency. Names were withheld to protect privacy.

For the record, bank official Jeremy Harrison says no scent has been added to any of the new bank notes.

The maple mystery was born soon after the first polymer note — the $100 bill — was released in November 2011, and has persisted in cyberspace on YouTube videos, blogs and tweets.

THE CANADIAN PRESS

Folks who need hobbies

Help! My money lost its smell

A few people were so convinced about the fragrant funds that they actually complained to bank officials that some of their new plastic notes were odour-free. "The note ... lost its maple smell," said one writer. "I strongly suggest the Bank increases the strength of the ... maple smell."

Another cited an alleged scratch-and-sniff area on the new $100 bank note: "I could smell the scent once but not all the time. ... I bet a couple friends and cannot find proof, is it just me?"

Online democracy

Ivory Coast techies elect web mayor

A 22-year-old who lives with his parents is the new mayor of Ivory Coast's largest city, Abidjan — at least according to the West African nation's active community of self-described Internet geeks.

Abidjan's budding network of bloggers, strategists, designers and web entrepreneurs organized a separate vote for web mayor in late April, days after Ivorians went to the polls for local elections.

Emmanuel Assouan THE ASSOCIATED PRESS

Emmanuel Assouan was crowned leader for a group that in recent years has dreamed up creative ways to aid the city's population of roughly four million people and draw attention to government shortcomings in areas like traffic congestion and power supply, said Amevi Midekor, who helped organize the vote. Assouan beat out a crowded field of 12 candidates, with more than 25 per cent of 534 votes counted.

THE ASSOCIATED PRESS

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LET US HAVE DONE WITH YOU

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

Last week, in the midst of what were the lowest days of Mayor Rob Ford's career, I sort of had to wonder what I would do if I were in his shoes.

And here's the thing: I think I'd quit. I'd say sayonara to city hall, flip off the press gallery and peel out of the parking lot in my Escalade.

The bad news onslaught was just too much. Ford lost a pivotal (and winnable) council vote related to the expansion of gambling at Woodbine racetrack in Etobicoke — his home turf.

Then the Toronto Catholic School Board let him know that he was banned from coaching football in its schools.

That, reportedly, sparked a series of unfortunate events that led to his long-time chief of staff (and long-time friend) Mark Towhey being escorted out by city hall security — fired.

And through it all, there was the continued media circus driven by that other thing: That crack cocaine thing. Maybe you heard about it.

It seems counterintuitive, but it was the football ban and the casino vote that mattered more — they're real consequences of the mayor's many scandals, of which the drug video allegation is just the latest. And not the last.

The mayor's headline-grabbers have now cost him both most of his political clout and the football job that he loved. He doesn't appear to have much else left to lose.

But I'm not Ford, of course.

Where I would have quit, the mayor doubled down. He closed off his worst week ever with a fiery press conference, finally denying some of the drug allegations leveled against him.

It's his right to hold onto the job. He won it fairly.

But I still find it hard to count the reasons Ford should stay.

If it's about not wanting to abandon the Ford agenda — the attempts to cut costs — it's hard to square that.

As a single vote on city council, Ford has been his own worst enemy, alienating centrist councillors who should have been allies.

There's little doubt that someone like Deputy Mayor Doug Holyday would have better luck at implementing elements of a conservative agenda between now and the 2014 election. If it's about not bending to his enemies — real and imagined — I'd suggest that they too would do better with Ford around than with him gone.

Ford continues to be a galvanizing and motivating force for those who support left-wing causes.

If it's about simply refusing to concede any semblance of personal or professional defeat, then, well, that's stubborn. And more than a little bit selfish.

Ford's responsibility is first to the city and the people that elected him.

And sometimes responsibility simply means knowing when to walk away.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

ZOOM

Do you know if your food is kosher?

GERRY BROOME/THE ASSOCIATED PRESS

Certification makes its mark in the mainstream

Rabbi Pinchas Herman inspects machinery used for enzyme production for kosher products at Novozymes North America Inc., in Franklinton, N.C.

The inspection is an example of how the centuries-old dietary code of observant Jews is adapting to its role as a mark of quality in the global food and drinks industry.

Albany Law School professor Timothy Lytton says some consumers like knowing that someone is performing additional checks now that food is a complex global enterprise. METRO

Guidelines

Kosher describes foods that meet dietary laws based on the Old Testament.

- Pork and shellfish aren't allowed, but cattle and finned fish are. Blood must be drawn out of meat before it's eaten. Meat and milk can't be mixed.

Industry size

$15.3B

U.S. sales of kosher prepared foods, meat, fish and dairy topped $12.5 billion in 2008, according to market research firm Mintel. That was projected to grow this year to about $15.3 billion as more and more existing products join Oreo cookies and Tootsie Rolls in becoming certified, the firm said.

Click bait

ANDREW FIFIELD
andrew.fifield@metronews.ca

I have yet to invest any money into a Kickstarter campaign, but after learning about some of the great board games that began as crowd-funded success stories, I know where I'm going to start looking. Here are three I'm keeping an eye on.

Euphoria: Build a Better Dystopia

A European-style strategy game based around resource collection and worker management that is already getting glowing advance reviews. The creators have a previous hit with Viticulture, so if you're into that game or similar ones like Catan and Cuba, this is definitely one you should check out.

Xia: Legends of a Drift System

A sandbox-style space exploration and combat game that is almost absurdly ambitious. The cost of entry is a little steep at $105, but the beautiful design (complete with spaceship miniatures) and play-how-you-want strategy options make jumping in on this campaign very desirable.

Scalawag!

A card game that puts you in command of a warship tasked with bluffing your way to wiping out rival players, this casual game doesn't seem nearly as intimidating as the two above. A $20 contribution gets you a limited edition of the game, and I'm pretty tempted to chip in.

Comments

RE: Decoding Canada's Ongoing 'Skills Crisis,' published online May 25

Look up the skilled labour jobs available — businesses want three to five years experience or more. Did these businesses bother to hire and train staff when the economy was slow? Nope. Businesses are used to the baby boomers being there with all the experience at their fingertips. Nice while it lasted. Someone took a chance on the BBer's 40+ years ago, now step up and train our young Canadians.

ve6 posted to metronews.ca

As a Generation Jones, second cohort baby boomer myself, I say this whole so-called skills shortage issue is a fallacy. Jobs were no easier to find when I was an 18-year-old so why the problem now? Most of the uneducated find it too convenient to blame the boomers for their economic ills without fully understanding the fact that skills education is the key.

catspassgas posted to metronews.ca

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With back-to-back pop hits Lovato is now radio ready

Fourth album, Demi. The X-Factor judge and talented songstress is making strides in mainstream pop and shaking her Disney tag

Before achieving back-to-back radio hits with Give Your Heart a Break and Heart Attack, Demi Lovato wondered why she had yet to find her breakthrough on the radio.

She knew she had a big voice, and had found success as a Disney Channel star, but something was off.

"I had a moment where I was just like, 'What am I doing wrong? I know I can sing. I know I'm talented. How is it that other artists who don't have my vocals ... (are) on the radio? What's taking so long?'" she said in a recent interview. "And I realized, 'Oh, it's hit songs. You need hit songs.'"

So, Lovato went into the studio and recorded songs crafted perfectly for Top 40 radio. Demi, her fourth album, debuted at No. 3 on the Billboard 200 albums chart this week. It features upbeat, radio-friendly dance numbers and pop ballads about love and relationships.

"We didn't want to put a song on there that was an album filler, so we don't have any songs on there that couldn't be potential singles," the 20-year-old Lovato said of Demi, which features producers and songwriters like Ryan Tedder (Adele, Beyoncé), Priscilla Renea (Rihanna, Selena Gomez, Madonna), and Carl Falk, Rami Yacoub and Savan Kotecha, the trio behind hits for One Direction. (Falk and Yacoub co-produced Nicki Minaj's Starships and Kotecha co-wrote Maroon 5's One More Night and Justin Bieber's Beauty and a Beat.)

Lovato got her first real hint of radio love when Give Your Heart a Break became a hit last year as she was appearing as a judge on the Fox network's The X Factor. The song was from her 2011 album, Unbroken, released months after she left rehab for an eating disorder, self-mutilation and other issues. Though she had a Top 10 hit with Skyscraper, the first single, Give Your Heart a Break, became her breakthrough, selling 1.9 million tracks.

"It was kind of like her coming-out party as a singer," said Sharon Dastur, program director for New York City's pop radio station Z100.

Lovato quickly went into the studio to record her new album, releasing the in-your-face pop jam Heart Attack, which is platinum and has so far peaked at No. 10 on the Hot 100.

"I think there's going to be a lot of radio singles, a lot of hits," said Dastur, naming songs like Without the Love, Neon Lights and Really Don't Care as potential smashes. "And I almost think (the ballad) Warrior could be like a Grammy-nominated song. It's that powerful."

Lovato, who co-wrote most of the songs, said she looked to Kelly Clarkson as inspiration when creating the album.

"A lot of the power vocalists ... they get the respect, but they don't get the recognition with hit songs that they deserve to have, and a lot of pop artists are very talented, but they don't have the vocal capability to really carry on those power ballads," she said. "(Kelly) has that ability to wow you and also get the sound stuck in your head."

Lovato, who starred in the Disney Channel movie Camp Rock and the TV series Sonny With a Chance, said becoming a radio artist has been a top goal.

"All I've ever wanted was my music to be heard and for people to enjoy it," she said.

Her 2008 studio album debut, Don't Forget, achieved gold status. Her albums that followed — 2009's Here We Go Again and 2011's Unbroken — have sold 487,000 and 459,000 units, according to Nielsen SoundScan.

Lovato said releasing Unbroken was a learning process because the album didn't represent her true self.

"I had just come out of rehab ... and I was trying to figure out who I was," she said. "Sometimes I can confuse what I like listening to with what I am, and I think that's what I did on that album. I was listening to a lot of R&B stuff that was on the radio and instead of creating my own style, I kind of subconsciously fell into creating someone else's album, and therefore when you hear it, it didn't make a lot of sense."

Dastur said being on The X Factor has helped Lovato step out of the Disney persona that has trapped others. Lovato, too, is thankful for what the show has done for her career.

"It doesn't hurt when you're releasing music and you're in millions of people's homes every week — twice a week," said Lovato, who will be joined by Kelly Rowland and Paulina Rubio when the singing competition series returns in the fall. "X Factor has helped me make that transition from being the Disney pop singer ... to the mainstream world."

THE ASSOCIATED PRESS

It's a hit!

"It was kind of like her coming-out party as a singer."

Sharon Dastur, NYC radio station Z100's program director.
On what Unbroken represented for Demi Lovato as an album

Demi Lovato doing what she does best. AP PHOTO

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Pop Goes the Week

This week: Kanye will save you, but he can't save the vampire love

STARGAZING
Malene Arpe
scene@metronews.ca

Possible reasons Kristen Stewart and Robert Pattinson broke up. 1) He didn't forgive her for the affair. 2) She was tired of getting sparkles all over the house. 3) Sometimes an awkward relationship just runs its course. 4) Katy Perry may be to blame. 5) The promotion for the last Twilight DVD is over so their contract was terminated early.

The makers of Nutella issue a cease and desist order to the founder of World Nutella Day. That makes no sense. It's as if Justin Bieber issued a cease and desist letter to the founder of World-wide Dumbass Drop-crotch Pants Appreciation Week.

Kanye West's new album will be called Yeezus. The first video from the album will feature Kanye turning water into really irritating, delusional wine with tiny, little leather kilt labels.

Covergirl announces a Hunger Games: Catching Fire collection. For, like, when you're hanging out, starving and wounded and plotting to overthrow a fascist regime and sooo need to look hot.

Andrew Garfield plays basketball with some kids in New York while wearing his Spider-Man costume. Not to be outdone, Kanye West plays bocce with some random senior citizens while wearing a jersey made from the Shroud of Turin.

A man who installed a video camera in his kitchen to film ghosts he believed were in the house instead caught his

girlfriend having sex with his son. Said the man, "Weirdly, I feel even more haunted now."

The explicit sex scenes in Lars von Trier's up-coming two-part movie, Nymphomaniac, were created by digitally combining the upper bodies of the actual actors with the, erm, lower part of porn actor body doubles. Sadly, von Trier wasn't able to combine the general attitude of the film's star, Shia Labeouf, with something less annoying.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Bynes takes to Twitter to set record straight

After her arrest in New York last week, Amanda Bynes is looking to tell her own side of the story and has taken to her favourite communication tool, Twitter, to do so.

"Don't believe the reports about me being arrested," Bynes wrote over the weekend. "I was sexually harassed by one of the cops the night before last which is who then arrested me. He lied and said I threw a bong out the window when I opened the window for fresh air. Hilarious. He slapped my vagina. Sexual harassment. Big deal. I then called the cops on him. He handcuffed me, which I resisted, quite unlike any of the reports stated. Then I was sent to a mental hospital. Offensive. I kept asking for my lawyer but they wouldn't let me." Bynes was arrested on

Amanda Bynes

charges of marijuana possession, attempted evidence tampering and reckless endangerment. She was released on her own recognizance and must return to court July 9. After being released, she also tweeted, "I only smoke tobacco, I don't drink or do drugs. I've never had a bong in my life! I need to get another nose job after seeing my mugshot."

Ashton Kutcher

Come on, Twitter, you used to be cool

Ashton Kutcher used to be really into Twitter, but now it's been ruined, he griped at a tech conference in Las Vegas, according to CNN.

"For lack of a better verb, the media came in and f—ed it up," Kutcher said. "When I first got on, it felt like the democratization of media. Now it just feels like media. The bigger vision for Twitter when Jack (Dorsey) created it was to empower communication to happen as things were taking place. Now it's just a bunch of companies and people constantly pitching crap."

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Book Excerpt

Training don'ts

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

"Oh, just give me that. It's easier if I do it myself." Ack.

Don't ever say these words to a child (or a trainable husband) when they are mid-task.

One of the worst things we can do as managers in our own family is to do the job ourselves instead of training the employee/child to do the job correctly. In corporate speak, this is called "dipping down" or "micromanaging." If we micromanage our kids, the end result is that a: we end up doing everything ourselves while they play video games and eat pizza and b: they don't know how to complete basic household tasks and are ultimately destined to live out their adult lives in our basement, since they'll be too incompetent to hold down a job.

Corporate managers are expected to mentor and encourage growth. Micromanaging is the exact opposite of mentoring, and eventually even the lamest employee will start to resent her manager dipping down and doing the work she is supposed to be doing. While a child might not actively complain about Mom making his lunch when he's 15, he should. The lack of training by Helicopter Parents today is ridiculous. Not only does it cause undue work for the parents, it prevents the child from learning to do the tasks themselves. If you are reading this section while cutting up your six-year-old's chicken, please stop. Do both of you a favour. FROM I AM SO THE BOSS OF YOU. COPYRIGHT © 2013 KATHY BUCKWORTH. PUBLISHED BY MCCLELLAND & STEWART, A DIVISION OF RANDOM HOUSE OF CANADA LIMITED. ALL RIGHTS RESERVED.

Exclusively online

Why is it that babies are obsessed with all things dangerous? Follow along with the comedic (mis) adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices

Tinkle time goes high-tech

Potty seats. They flush, they sing, they look like thrones to make it easier for tots and hopeful parents

Potty seats are being designed to entertain. THE ASSOCIATED PRESS/ SAFETY 1ST

For some hopeful parents, summertime is "tinkle time," as in setting toddlers diaperless while potty training. And like many aspects of life with kids, potty training means gear.

The choices in potty seats and chairs proliferated and sprouted all manner of bells and whistles.

Many convert like Transformers to serve multiple functions. One has a voice recorder to add a personal message ("Go Jacob!"). Others belt out happy tunes, have cubbies to stash wipes and books, sport their own toilet paper holders, simulate flushing, look like mini-urinals and are decked out as fancy thrones.

So who's it all for, parents or little doers trying to figure out Nos. 1 and 2? Whether you decide on "elimination communication," where infants go without diapers earlier than the norm, take a cold-turkey boot camp approach or have a late and reluctant bloomer on your hands, chances are a cheery potty seat is in your future.

"People talk about potty training more. Before it was something you just got through, you know. You just did it," said Angie Peterson, marketing director for Levels of Discovery, a company that puts out painted wood potty thrones for up to $83 a pop.

Heidi Murkoff, however, who wrote the pregnancy bible What to Expect When You're Expecting isn't a huge believer in busy potty chairs.

"Bells and whistles, and musical potty seats, are never necessary. Clearly babies have mastered potty proficiency for generations without them," she said. "They just make the process more fun. But the bottom line: What kind of seat you put that cute little bottom on matters far less than how ready your toddler is to start potty training."

In any case, take your tot shopping with you for a potty to build excitement, Murkoff said. THE ASSOCIATED PRESS

Choices, choices

Ducky Fun 3-in-1 Potty training chair. THE ASSOCIATED PRESS/FISHER PRICE

The Boon Potty Bench with side storage spaces for books, training supplies and wipes. THE ASSOCIATED PRESS/ BOON

The Magic Garden Potty Chair. THE ASSOCIATED PRESS/TEAMSON

The Riding Potty Chair. THE ASSOCIATED PRESS/ POTTY TRAINING BOYS BY POTTY SCOTTY

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Egging it on in delicious ways

This recipe makes enough for two or three sandwiches. EGG FARMERS OF ONTARIO

A Classic Egg Salad Sandwich hits the spot on many occasions, but it's even better with a few added ingredients.

You can also rethink your traditional Egg Salad Sandwich and use the recipes as dips with crackers or sliced pita bread.

1. Place eggs in saucepan and fill with cold water to cover. Bring to a boil over medium high heat. Cover, remove from heat and let stand for 15 to 20 minutes. Drain and run under cold water until chilled. Refrigerate for at least 2 hours or up to 7 days.

2. Place peeled, hard cooked eggs in a bowl and using a fork or potato masher, mash eggs until finely chopped.

3. Stir in yogurt, mayonnaise, Dijon mustard, salt and pepper until smooth. Add celery and green onion (if using) and stir to combine.

4. Spread over your favourite bread, stuff into pita halves or scoop some onto your favourite salad greens.

Ingredients

- 4 eggs
- 2 tbsp (30 ml) plain non-fat yogurt
- 2 tbsp (30 ml) light mayo
- 1 tsp (5 ml) Dijon mustard
- 1/4 tsp (1 ml) salt
- 1/4 tsp (1 ml) black pepper
- 1/4 cup (60 ml) celery, diced
- 1 green onion, chopped (optional)

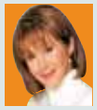
Salmon Dill
Omit green onion. Add 1/4 cup (60 ml) smoked salmon, finely chopped, 1 tbsp (15 ml) fresh dill, chopped, and 2 tsp (10 ml) capers, chopped.

Pickle Bacon
Omit celery. Add 1 small dill pickle, diced, 2 strips of bacon, cooked and chopped, and 1 tsp (5 ml) horseradish (or more if desired).

Chili Avocado
Omit celery and green onion. Add half of avocado, diced, 1 tbsp (15 ml) red onion, minced, 1/2 tsp (2 ml) chili powder. EGG FARMERS OF ONTARIO

Healthy eating

Choose it and lose it



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Equivalent

One Pizza Pizza Cheese and Pepperoni Panzerotti is equal in fat to 4.5 servings of Vanellis' spaghetti with meat sauce.

Pizza Pizza Sausage Sandwich

580 calories/ 22g fat/ 2,350 mg sodium
The ciabatta bun has almost 300 less calories and half the fat of the panzerotti dough even though the sausage is fatty.

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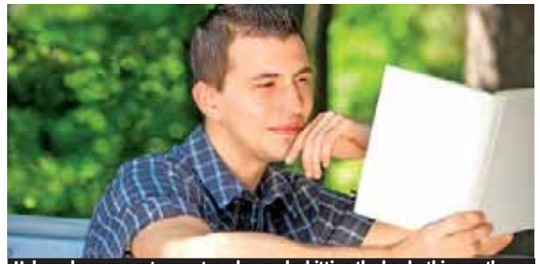
They're at the beach, you're with the teach

Make your summer matter. Your friends might think you've gone nuts, but using this season to kickstart your studies can benefit you big-time



Help make your next semester a breeze by hitting the books this month.
ISTOCK

JULIA FURLAN
Metro World News

Students who crack the books in the summer months reap the rewards all year round.

As the air conditioners hum and drip, the summer months in the city can be hot enough to send anyone running indoors.

Jamie Bilella, president of the North American Association of Summer Sessions — and dean at Montclair State University — says that while beating the heat, students of all types can benefit from summer classes that will round out their schedule and help them achieve their educational goals.

Take on a challenge

It can seem counter-intuitive, but Bilella says summer is an ideal time to tackle that tough course students may have been avoiding. "There may be one course that students are intimidated by, and the summer is an ideal time to take it," Bilella says. Because students often take fewer courses at a time in the summer months, he says "they can focus all of their energy on that challenge."

Explore

For students who want to think outside their major, summer can be a great time to do it. Bilella suggests that students who didn't get into the class they were coveting, or who want to try a new elective outside of their focus of study, should think about the summer. Also, if students have a course required for their major that they didn't get to take during the year, summer sessions can fill that gap so that they can start the fall semester with their degree requirements on track.

Get on it

Bilella says the biggest mistake people make regarding summer sessions is to miss out on them until later in their academic career.

"Unfortunately, freshmen don't pay attention to the summer offerings until they're juniors," he says. "They should recognize the opportunities of summer and winter early on."

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French Open

Raonic advances to second round

Canadian Milos Raonic passed his first test at Roland Garros, powering into the second round of the French Open with a victory over Xavier Malisse on Sunday.

The hard-serving 22-year-old from Thornhill, Ont., beat Belgium's Malisse 6-2, 6-1, 4-6, 6-4 in the match that was decided in just under two hours.

THE CANADIAN PRESS

Giro d'Italia

Nibali celebrates tour championship

Vincenzo Nibali coasted to the Giro d'Italia title in the final stage of the three-week classic Sunday, while Mark Cavendish won the 21st leg in a sprint finish for his fifth victory in this year's race.

Nibali took the overall leader's pink jersey after the seventh stage, never gave it up, and padded his lead by winning the final two mountain stages in dominating fashion.

THE ASSOCIATED PRESS

NHL playoffs

"If we had to start tomorrow, I think we'd be ready and be OK. But in the playoffs you can never have too much rest."

Pittsburgh Penguins captain Sidney Crosby. The schedule for the Eastern Conference final against the Boston Bruins has yet to be released. The Penguins ultimately will end up with four or more off-days after wrapping their series with the Ottawa Senators on Friday night.

CHL's best put to test in Saskatoon

Halifax Mooseheads goalie Zachary Fucale and forward Darcy Ashley try to stop Portland Winterhawks blue-liner Seth Jones during the Memorial Cup championship game on Sunday night in Saskatoon. Go to metronews.ca for coverage of the game. DEREK MORTENSEN/THE CANADIAN PRESS

Clutch Kawasaki gets Jays' offence in gear

MLB. Stuck in neutral all day against O's, Toronto finally busts through with shortstop's walk-off

The Toronto Blue Jays had plenty of chances for a breakout inning Sunday against Baltimore.

When it finally came, it was light-hitting Munenori Kawasaki who delivered the knockout blow against Orioles closer Jim Johnson to give Toronto a thrilling 6-5 walk-off victory.

Kawasaki capped Toronto's four-run ninth with a two-run double that pushed Mark DeRosa across with the winning run. The Rogers Centre crowd of 28,502 erupted while the Blue Jays raced out to second base to mob the Japanese shortstop.

Bases bloated

13

Sunday's dramatic finish was most welcome for the Blue Jays after they loaded the bases in the seventh and eighth innings but only had one run to show for it. Toronto left 13 men on base, one more than the visitors.

The quirky Kawasaki — who had reporters in stitches as he joked around after the game — called it the best moment of his Major League Baseball career.

"I did it," a smiling Kawasaki said as he flipped through a translation book. "And give me a hug."

The affable 31-year-old shortstop has filled in nicely for Jose Reyes since the all-star went down with an ankle injury.

"He's making the most out of it," said manager John Gibbons. "You tip your hat to the kid."

THE CANADIAN PRESS

The Jays mob Munenori Kawasaki after the shortstop's walk-off double on Sunday. THE CANADIAN PRESS

Indy 500. Kanaan has his day at Indianapolis Speedway

The hard-luck loser no more, Tony Kanaan finally won the Indianapolis 500 Sunday — with a bit of luck, at that.

In the mix all day during a record 68 lead changes, Kanaan dipped inside IndyCar champion Ryan Hunter-Reay on a restart with three laps to go.

From there, he cruised to Victory Lane under the yellow caution flag, flipping up his visor to wipe tears from his eyes as the crowd roared. Kanaan had his fair share of chances to win the Indy 500 in the past, but came up short time and time again. THE ASSOCIATED PRESS

Tony Kanaan GETTY IMAGES

Formula One

Monaco wins run in Rosberg family

Nico Rosberg kept his cool amid the chaos to win the crash-marred Monaco Grand Prix on Sunday to give Mercedes its first win of the season and emulate his father's win from 30 years ago. The German had to re-start three times after the race was held up by a safety car, a red flag and the safety car again. In 1983, Keke Rosberg was victorious in F1's showcase race.

THE ASSOCIATED PRESS

Soccer. Bayern returns home as Champions Leagues' best

Bayern Munich made a low-key return to the windy and rain-swept Bavarian capital on Sunday after its Champions League triumph over Bundesliga rival Borussia Dortmund at Wembley Stadium.

A red-and-white Bayern scarf was painted above the cockpit of the team's plane under the words, "Congratulations" as it landed. The team had a party at its London hotel after winning Saturday's final 2-1. THE ASSOCIATED PRESS

Bayern Munich's Arjen Robben hoists the Champions League trophy on Saturday. Robben scored in the 89th minute as Munich topped Borussia Dortmund 2-1. GETTY IMAGES

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See today's answers at metronews.ca/answers.

Horoscopes

Aries
March 21 - April 20
Don't waste time on petty arguments today, or at any stage throughout the coming week. What other people say and do is completely irrelevant to what you have got planned.

Taurus
April 21 - May 21
It would appear that some of the people you now have to deal with are more interested in having a good time than discussing important issues. That's their choice to make – but you can choose to get new partners too.

Gemini
May 22 - June 21
It may be your time of year and most things may be going right for you but don't let your guard down. Saturn suggests a rival is angling for ways to make themselves look good at your expense.

Cancer
June 22 - July 23
If you make a blunder of some sort today you must own up to it immediately. There are far more important things you will need to worry about later in the week.

Leo
July 24 - Aug. 23
For some reason you appear to believe that others are out to get you. Why should that be? You're such a likeable Leo! Rest assured it's not in the least bit true.

Virgo
Aug. 24 - Sept. 23
Different people see things in different ways and if you keep that thought in mind today you won't go far wrong. There is really no need to get worked up about petty differences.

Libra
Sept. 24 - Oct. 23
Don't get disheartened if you have fallen behind in your work schedule. There is still plenty of time to get done what has to be done and panicking won't make it easier.

Scorpio
Oct. 24 - Nov. 22
Try to get friendly with someone you think of as a rival, maybe even an enemy. It could well be that they are not nearly as nasty as you think they are.

Sagittarius
Nov. 23 - Dec. 21
You know how to say the right thing at the right time and today you can charm the birds from the trees. One person in particular will be so enthralled that an offer is likely to follow.

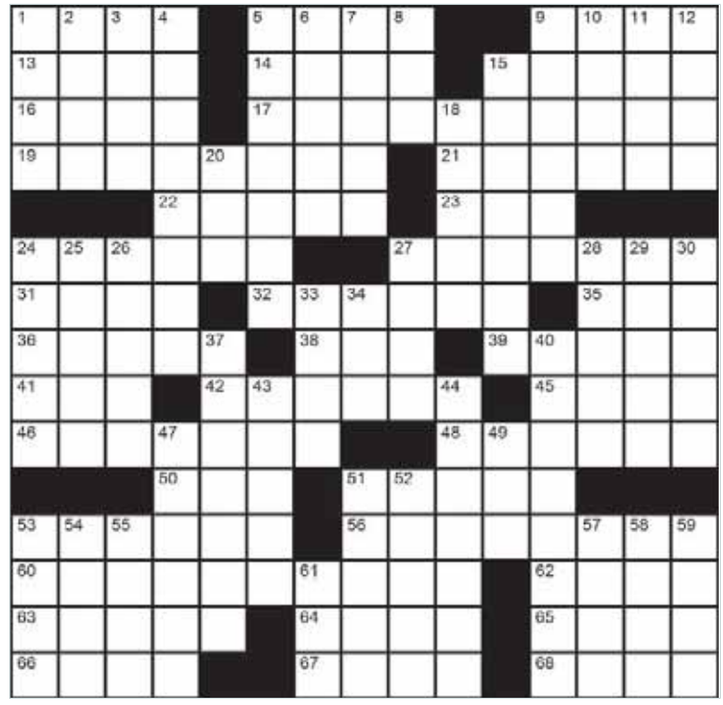
Capricorn
Dec. 22 - Jan. 20
Let your hair down a little today. You may have important tasks to complete but you know they can wait. Nothing is so important that it cannot be put off until tomorrow — though tomorrow they MUST get done.

Aquarius
Jan. 21 - Feb. 19
Any ideas or insights you get over the next 24 hours are likely to be important, so don't dismiss them as wild imaginings. What you think about in the present is what you will be doing in the future.

Pisces
Feb. 20 - March 20
Identify your priorities and focus on them to the exclusion of everything else. The more others try to tempt you to do something else the more you must resist. SALLY BROMPTON

Crossword: Canada Across and Down

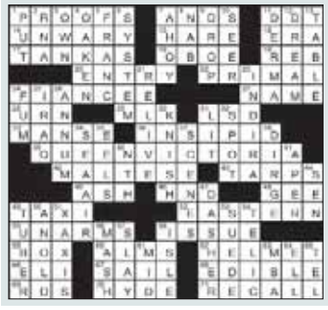
BY KELLY ANN BUCHANAN



Across
1. Pulled tightly
5. Becomes beyond betrothed
9. "__ It": 1980 hit for Devo
13. Shoe prop, __ support
14. Water blue
15. Ms. Davis of TV/movies
16. Dorothy of Oz's surname
17. Corey Hart hit: "__ at Night"
19. Federal info gathering/producing agcy.
21. "Hmmm... let me mull it over.": 2 wds.
22. Young horses
23. Wheat: French
24. Popular 1960s record label
27. Julia Louis-__ of "Seinfeld"
31. Addict
32. Come into sight
35. Ms. Gasteyer of ABC comedy "Suburgatory"
36. Preps for painting, as a chair
38. Tree type
39. Fabric measurements
41. Nickname of a President
42. __ Brook, Newfoundland
45. Does well, as on an exam
46. CRT = __ ray tube
48. Solar System model
50. Be in debt
51. Steer clear
53. Pleasant promenade
56. Taking away
60. Canadian magazine since 1928
62. Shakespeare, The Bard of __
63. Paddled
64. Get wind of
65. Proportionately, Pro __
66. Bound
67. Shakespeare's __ Well That Ends Well
68. Acknowledged

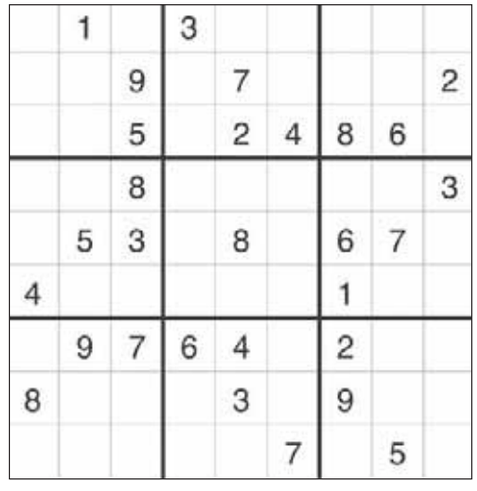
Down
1. Labels
2. Smell _ __ (Be suspicious)
3. Calif. campus
4. __ Mines, Quebec
5. Regina's __ Creek
6. Peer
7. Big name in Canadian smoked meat
8. Wilt
9. Actor Mr. Snipes
10. Hamilton's __ Village
11. Bellybutton type
12. Matador maneuver
15. National __ of Canada (Art attraction in Ottawa)
18. The Balance
20. Scatter seed
24. Madonna song
25. City of Honshu in Japan
26. Principle
27. Dog's playful move
28. Zany comedy
29. Anesthetized
30. Cheeky
33. Non-__ clogging, as some makeup
34. Tin __ Alley
37. Glowered
40. Termite-muncher
43. Nancy of "Entertainment Tonight"
44. Boarding house tenants
47. Communicated, owl-style
49. __ de Janeiro
51. Spirit in Shakespeare's The Tempest
52. Corruptible
53. Ewan McGregor, for one
54. Noodle dish, Pad __
55. Uncommon
57. Canadian filmmaker Mr. Reitman
58. Memo
59. Eat away at
61. '80s band from Norway

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

1	4	7	6	9	2	8	3	5
5	6	2	4	8	3	1	9	7
8	9	3	7	5	1	4	6	2
2	8	5	9	7	6	3	1	4
9	3	1	8	2	4	7	5	6
4	7	6	1	3	5	9	2	8
3	2	9	5	4	7	6	8	1
7	1	8	2	6	9	5	4	3
6	5	4	3	1	8	2	7	9

Today
19°/9°
Mainly sunny

Tuesday
23°/16°
Rain
90%

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